

# **CALL – MOVE 4 WELLBEING**

**Training Course; 21.-26. April 2023**

**Long description:**

***‘Movement is the medicine for creating change in a person’s physical, emotional and mental states,’ - Carol Welch***

Being exposed to the recent epidemics, ongoing war and daily life stress, the notion of wellbeing is becoming a more challenging part of our lives. In this challenging time and changing world we are looking for ways to help young people, but we also need to take care of the youth workers! The aim is to focus more on the preventive role of youth work. Youth work that makes the world more fair and easier to live in. We try to create a world where youth work as a whole becomes a place where people learn to regulate themselves and take care of themselves. We are trying to stir a change in youth work by stirring a change in us.

During this training course we will put the puzzle pieces of wellbeing together by prioritizing your personal wellbeing. We will identify our limits and build the boundaries where we recognize ourselves not only as youth workers but also as human beings with our own needs. By being able to take care of ourselves, we create the capacity to work with others and take care of the needs of other people. In its turn you will be able to create a safer environment for young people and put the tools and methods that work best for us into practice.

**The team:**

We are a team of four trainers with diverse backgrounds and from different places of the world. We will use our professional experiences in the field of wellbeing as one of the sources for this training to search for identity and emotional stability, deal with endless changes and choices and other challenges that our generation faces.

Moreover we see our personal diverse backgrounds and different ideas as an encouraging factor to open the conversation about your own realities and experiences working on wellbeing in youth work. Furthermore, we think this diversity will bring much value to the training because of the various perspectives and professional knowledge we already bring and use while creating and facilitating the training.

## Objectives:

- to create a safer space for self-reflection and build up a personal understanding of wellbeing by highlighting the importance of safety spaces and provide with tools and techniques to create such;
- to create a safe community and network to share best-practices to support each other in their day-to-day activities with youngsters and provide them with tools and methods of self-care and emotional balance;
- to provide youth workers with body work techniques to release tension and stress, to cope with emotions and to apply them in their youth work;
- to learn about boundaries to foster personal wellbeing in youth work and private life;
- to supply youth workers with instruments and self-discovered tools to work on wellbeing with young people as well as empowerment tools to understand their mental health as a life skill and erase the taboo of asking for help.

## Programme flow:

	Friday, 21.4.23	Saturday, 22.4.23	Sunday, 23.4.23	Monday, 24.4.23	Tuesday, 25.4.23
<b>Goals/aims</b>	<i>Setting the tone</i>	<i>Form group and topic intro</i>	<i>Me – Wellbeing as a human being and as a youth worker</i>	<i>Discover role of youth work in wellbeing</i>	<i>Sustainability of wellbeing for me and young people</i>
<b>Morning session</b>	ARRIVAL	Becoming a group	Me as a human being	Dimensions of wellbeing in youth work	Your path on wellbeing in youth work
<b>Lunch</b>					
<b>Afternoon session</b>	ARRIVAL	Intro Wellbeing and movement	Me as a youth worker and wellbeing in youth work	Follow your rhythm	Closing & Evaluation
<b>Dinner</b>					
<b>Evening session</b>	Getting to know each other	Exploring the group	Free evening	Free evening	Goodbye-Party